

The LOOP

Keeping the Worklife community equipped with good information and fresh ideas

How Can You Help Your Aging Parents and Still Keep Your Sanity?
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Making Life Easier 888-874-7290

After the family visits of the holiday season, many adult children of aging parents find themselves faced with an array of difficult situations.

- * Mom may seem more confused than when she visited for the holidays last year
- * Dad's house may be cluttered and filthy, which is extremely unusual for him
- * Mom may be so weak that she can no longer care for dad, who has Alzheimer's

Adult children may find themselves taking on the role of caregiver as the needs of their aging parents increase. This can take the form of one of more of the following:

- * Hands-on care, for example assistance with bathing or dressing
- * Supervision of a parent who is not safe when left alone
- * Assistance with tasks such as errands, meal preparation, appointment scheduling
- * Oversight of financial, legal, medical, insurance, household, and/or family issues
- * Emotional and social support

Caregiving is a difficult job. Consider obtaining professional help so that you can preserve a quality relationship with your loved one. When you have time for yourself, you'll be able to give to your parent with an open heart. Make the most of your precious time.

What kind of professional resources are there?

- * Geriatric Care Managers can coordinate medical care
- * Geriatric Care Managers can oversee financial, legal, and other issues
- * Home Health Caregivers can provide supervision and hands-on assistance
- * Home Health Caregivers can run errands, prepare meals, and much more

For more information about caregiving, eldercare options, or help for the family caregiver, please call your Family Wellness Consultant at APS Healthcare 800-999-1077.